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Award Number: W81XWH-06-1-0014

TITLE: A Placebo-Controlled Trial of Prazosin vs. Paroxetine in Combat Stress-Induced PTSD Nightmares and Sleep Disturbance

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REPORT DATE: March 2007

TYPE OF REPORT: Annual

PREPARED FOR: U.S. Army Medical Research and Materiel Command
Fort Detrick, Maryland 21702-5012

DISTRIBUTION STATEMENT: Approved for Public Release;
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REPORT DOCUMENTATION PAGE				Form Approved OMB No. 0704-0188	
Public reporting burden for this collection of information is estimated to average 1 hour per response, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing this collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden to Department of Defense, Washington Headquarters Services, Directorate for Information Operations and Reports (0704-0188), 1215 Jefferson Davis Highway, Suite 1204, Arlington, VA 22202-4302. Respondents should be aware that notwithstanding any other provision of law, no person shall be subject to any penalty for failing to comply with a collection of information if it does not display a currently valid OMB control number. PLEASE DO NOT RETURN YOUR FORM TO THE ABOVE ADDRESS.					
1. REPORT DATE (DD-MM-YYYY) 01-03-2007		2. REPORT TYPE Annual		3. DATES COVERED (From - To) 23 Feb 06 – 22 Feb 07	
4. TITLE AND SUBTITLE A Placebo-Controlled Trial of Prazosin vs. Paroxetine in Combat Stress-Induced PTSD Nightmares and Sleep Disturbance				5a. CONTRACT NUMBER	
				5b. GRANT NUMBER W81XWH-06-1-0014	
				5c. PROGRAM ELEMENT NUMBER	
6. AUTHOR(S) Murray Raskind, MD; Elaine Peskind, MD; Miles McFall, Ph.D.; Kris Peterson, MD; Michael Doyle, MD; Charles Engel, MD, MPH, LTC, MC, USA E-Mail: murray.raskind@va.gov				5d. PROJECT NUMBER	
				5e. TASK NUMBER	
				5f. WORK UNIT NUMBER	
7. PERFORMING ORGANIZATION NAME(S) AND ADDRESS(ES) Seattle Institute for Biomedical and Clinical Research Seattle WA 98108-8153				8. PERFORMING ORGANIZATION REPORT NUMBER	
9. SPONSORING / MONITORING AGENCY NAME(S) AND ADDRESS(ES) U.S. Army Medical Research and Materiel Command Fort Detrick, Maryland 21702-5012				10. SPONSOR/MONITOR'S ACRONYM(S)	
				11. SPONSOR/MONITOR'S REPORT NUMBER(S)	
12. DISTRIBUTION / AVAILABILITY STATEMENT Approved for Public Release; Distribution Unlimited					
13. SUPPLEMENTARY NOTES					
14. ABSTRACT: The primary goal of this proposal is to evaluate the efficacy and tolerability of the alpha-1 adrenergic antagonist prazosin compared to placebo for combat trauma-related nightmares, sleep disturbance and overall function in recently combat-exposed returnees from OIF and OEF. A secondary goal is to evaluate the effects of the SSRI paroxetine on behavioral symptoms and overall function in this population. Specific hypotheses (described below) will be tested in a three parallel arm 12-week randomized controlled trial of prazosin, paroxetine and placebo in combat-exposed troops recently returned from OIF and OEF with combat trauma-related persistent nightmares and sleep disturbance. This will be a two-site study performed in the Seattle/Tacoma area at Madigan AMC and in the Washington DC area at Walter Reed AMC.					
15. SUBJECT TERMS PTSD, prazosin, trauma nightmares, sleep, paroxetine					
16. SECURITY CLASSIFICATION OF:			17. LIMITATION OF ABSTRACT	18. NUMBER OF PAGES	19a. NAME OF RESPONSIBLE PERSON
a. REPORT	b. ABSTRACT	c. THIS PAGE			USAMRMC
U	U	U	UU	5	19b. TELEPHONE NUMBER (include area code)

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Introduction

The primary goal of this proposal is to evaluate the efficacy and tolerability of the alpha-1 adrenergic antagonist prazosin compared to placebo for combat trauma-related nightmares, sleep disturbance and overall function in recently combat-exposed returnees from OIF and OEF. A secondary goal is to evaluate the effects of the SSRI paroxetine on behavioral symptoms and overall function in this population. Specific hypotheses (described below) will be tested in a three parallel arm 12-week randomized controlled trial of prazosin, paroxetine and placebo in combat-exposed troops recently returned from OIF and OEF with combat trauma-related persistent nightmares and sleep disturbance. This will be a two-site study performed in the Seattle/Tacoma area at Madigan AMC and in the Washington DC area at Walter Reed AMC.

Body

IRB approvals - All study procedures and the consent forms have been approved by both the IRBs of Madigan Army Medical Center (AMC) and Walter Reed AMC. The current approval period for Madigan is 6/27/06-6/19/07. The current approval period for Walter Reed is 1/9/07-1/10-08.

Hiring/training of study personnel - all study personnel at VA Puget Sound Health Care System for performing all clinical study tasks at Madigan AMC and coordination, data management, and statistical analysis for both Madigan AMC and Walter Reed AMC have been hired and are on site. Training and certification for staff performing study activities at Madigan AMC was completed June 1, 2006. Hiring of personnel at the Walter Reed AMC site has been completed. The Seattle team conducted a study initiation visit at Walter Reed AMC in 11/06; final training and certification of staff at WRAMC was completed February 1, 2007.

Recruitment and enrollment of study subjects – It is planned that all study subjects will be recruited and enrolled between August 1, 2006, and December 15, 2007.

Subject enrollment to date at each study are as follows:

Madigan AMC

93 subjects telephone prescreened

70 subjects consented

53 subjects randomized to treatment

17 study completers

1 subject withdrew secondary to side effects (this subject was randomized to paroxetine)

Walter Reed AMC

10 subjects referred

6 subjects telephone prescreened

Recruitment and retention remain a challenge in this participant population. The soldier population at Fort Lewis (Madigan AMC site) has decreased by 50% over the past 6 months secondary to deployment. Drs. Raskind and Peskind have made presentations to MAMC and WRAMC Behavioral Health, Primary Care, and Rehabilitation Medicine clinicians to inform them about study initiation and procedures for referral of potential participants prior to the opening of study enrollment. The Madigan AMC team attend SRPs and perform outreach activities to local

Guard and Reserve units to provide information re: study participation. Dr. Raskind is developing a collaboration with combat command personnel at Madigan AMC to intensify recruitment and retention activities. The Walter Reed AMC study team has undertaken extensive outreach to multiple primary care and speciality clinics to present training on posttraumatic stress disorder and specific information on this study to potential referral sources. Advertising and outreach for study recruitment, and participant retention activities are continuing.

Completion of clinical trial procedures – Screening and baseline assessments, repeat assessments, and follow-up, and completion of case report forms are ongoing.

Data monitoring and database management - Construction of the database was completed August 1, 2006. Data entry and data cleaning are continuous. Following completion of data cleaning, the database will be frozen. The Data Safety and Monitoring Board met very recently and their report is pending.

Statistical analysis and preparation of manuscripts and reports – Within 2 months of completion of data cleaning and freezing of the database, statistical analysis will be completed and initial manuscripts will be prepared. Additional manuscripts describing results of secondary analyses will be prepared thereafter.

Key Research Accomplishments - pending completion of data collection per above described timetable.

Research Findings – see above.

Conclusions - see above.

References – none.

Appendices – none.